

# Put Your Best Face Forward:

Skin Care & More

Your skin is the largest organ of your body. That's reason enough to take good care of it! A thorough skin care routine is essential to improve and maintain the health, look and feel of your skin.

Take better care of your skin with healthy skin care tips from the experts at NorthShore University HealthSystem.

**NorthShore**  
University HealthSystem

## Morning Routines

### Women:

Women spend ~474 DAYS of their lives applying cosmetics.

That's ~3.3 hours each week.

The average woman spends ~17 MINUTES applying eye makeup each day.

### Men:

The average man spends ~3,000 HOURS shaving in his lifetime.

~15% of men refuse to shave because of the DISCOMFORT they experience from shaving.

~78% of men experience SKIN IRRITATION from shaving.

~75% of men shave their face every day.

RAZOR BURN? here are some TIPS:

Swap blades razors for an electric razor.

SHAVE IN THE SHOWER, or immediately after, when hair is softer.

SPLASH YOUR FACE with cold water after your shave to prevent inflammation.

## When Does it Expire?

### Skin Care:

ANTI-AGING & ACNE TREATMENT PRODUCTS last between 3 months to a year. Check for specific expiration dates on packaging.

If you notice a change in color, texture or smell, it may have expired.

FOR OPTIMAL SKIN PROTECTION, replace your sunscreen every year and reapply every 2 TO 4 HOURS.

That should be easy since you should use enough sunscreen to FILL A SHOT GLASS EACH TIME you apply sunscreen to your entire body.

TIP Help your products last longer by storing them in cool, dry places.

### Bath & Shower:

Shampoo, conditioners, bar soaps and shower gels last up to

3 YEARS

Common ingredients in cleansers include GLYCOLIC ACID AND RETINOL.

If expired, these ingredients can cause allergic reactions.

Studies have shown that

66% of women USE EXPIRED MAKEUP.

Lip gloss and lipstick can last up to

6 MONTHS.

Mascara and eyeliner should be replaced

EVERY 3 TO 4 MONTHS.

Eye makeup accumulates bacteria quickly. Replace it frequently to avoid eye infections like pink eye.

Face powders can last up to 2 YEARS.

Using old face powder or foundation can irritate the skin and cause acne-like bumps.

### Makeup:

### Other Products:

THE CHEMICAL BALANCE in perfume and cologne can alter if stored for too long, causing skin irritations and allergic reactions.

PERFUME AND COLOGNE LAST UP TO 2 YEARS.

To make your perfume and cologne last longer, store in a cool, dark place.

Shaving cream and deodorant last up to

2 YEARS

## Unique Skin Care Tips

Good skin care is more than just what you put on your skin.

### Exercise:

Exercise increases blood flow, which NOURISHES SKIN and allows sweat glands to get rid of toxins.

### QUIET YOUR sweet tooth:

CONSUMING SUGAR may damage collagen, which can cause skin to lose smoothness and firmness.

### CHOOSE A superfruit:

Pomegranates are full of inflammation-fighting antioxidants.

TIP How to make a pomegranate face mask – Combine 2 tablespoons of seeds, 1 cup of uncooked oatmeal, 2 tablespoons of honey and 2 tablespoons of buttermilk. Apply to the face for a few minutes then rinse.

### Namaste:

15 MILLION Americans practice yoga.

### DRINK green tea:

Research shows that drinking green and black tea may help prevent skin cancer and prevent wrinkle development.

### EAT pumpkin:

Pumpkins get their orange hue from carotenoids, which are wrinkle-fighting plant pigments that can slow the skin's aging process.

Pumpkins are full of enzymes and vitamins C, E and A, which all help cleanse the skin.

## The Fountain of Youth

1/5 Americans will develop skin cancer in his or her lifetime.

### Men:

Men spend more time in the sun than women but are less likely to use sunscreen.

30% of men are aware of the signs of skin cancer.

In 2012, there were 44,250 new cases of melanoma in men.

### Women:

In 2012, there were 32,000 new cases of melanoma in women.

41% of women are aware of the signs of skin cancer.

## DERMATOLOGISTS' TOP TIP: SUNSCREEN, SUNSCREEN, SUNSCREEN!

SUN DAMAGE is the leading cause of unwanted changes to the skin.

APPLY SPF 30+ daily to protect your skin from harmful UVA and UVB rays that damage skin cells.

DAMAGE by UVA and UVB rays can cause spider veins, age spots, wrinkles and melanomas.

### Vitamin A:

Vitamin A can help HEAL DRY & DISCOLORED SKIN.

You can find Vitamin A in the following foods:

Low-fat milk and cheese  
Eggs  
Dark greens like kale  
Oranges  
Carrots

TIP Look for facial creams or serums with Vitamin A to rejuvenate your skin.

### Sources:

health.com  
dailymail.co.uk  
self.com

northshore.org  
statisticbrain.com  
webmd.com  
mayoclinic.org

skincare-news.com  
skincancer.org  
sciencedaily.com